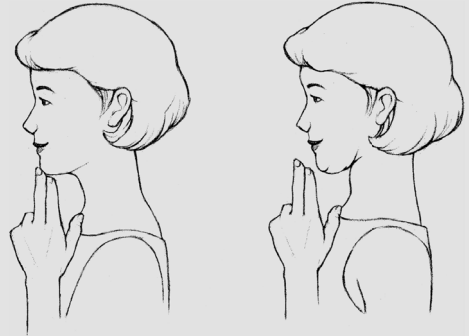


**STRETCHES YOU CAN DO AT YOUR DESK**

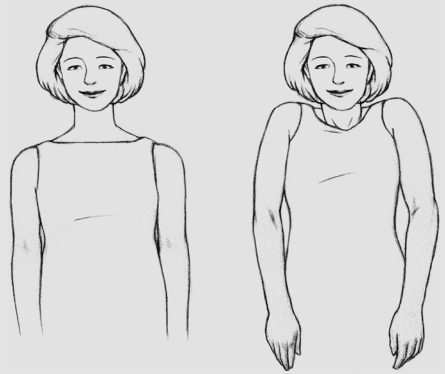
- Neck retractions**
- Shoulder rolls**
- Shoulder shrugs**
- Shoulder blade pinch**
- Arm extensions**
- Touch the sky**



*Neck retractions. Tuck your chin down and move your head back. Don't tilt your head—look straight in front of you. Hold for five seconds, then release slowly, without letting your head protrude forward.*



*Shoulder rolls. Roll your shoulders forward and up, then backward and down. Always circle in a front to back direction. Make ten circles.*



*Shoulder shrugs. Bring your shoulders up toward your ears, hold for five seconds, and release.*